

It's not normal to be breathless

Know the Signs and Symptoms of Heart Failure.
Act Now. Get It Checked.



What are the common symptoms of heart failure?



Shortness of breath



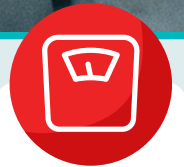
Low energy



Swelling in your feet, ankles, legs or stomach



Persistent cough



Weight gain

HEART FAILURE AWARENESS WEEK



May 3-9, 2026 #HeartFailureWeekCan

Get more information

Visit HeartFailure.ca or scan the QR code to learn more and access patient education and support resources.



Stay up to date by following us on social media.

@CanadianHeartFailureSociety
 @CanHFSociety
 @CanHFSociety
 @CanadianHeartFailureSociety



Canadian Council of Cardiovascular Nurses



SPECIAL THANKS:

CSL Canada, Merck Canada.

HABIT Proud Creative Sponsor of HFAW · HabitHQ.ca